

3 TYPES OF DISTRACTIONS

MANUAL



TAKING YOUR HANDS
OFF THE ROAD

VISUAL



TAKING YOUR EYES OFF
THE ROAD

COGNITIVE



TAKING YOUR MIND OFF
DRIVING

NOTE TO SELF: STAY FOCUSED



ADJUST MIRRORS



TYPING ON GPS



EATING



PUTTING ON MAKEUP



SHAVING



TEXTING/CALLING



ADJUSTING THE RADIO



ATTENDING TO PETS



ATTENDING TO KIDS



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